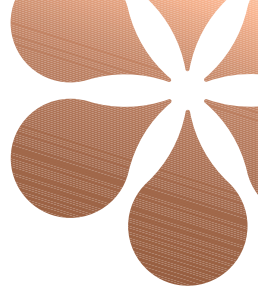




lifehouse
spa & hotel



Membership Categories

	31 Day Trial	Swim Only (Mon-Fri)	Vital Living	Swim & Gym	Active Living	Complete Living
Spa Facilities (swimming pool, hydrotherapy pool, sauna, steam & salt inhalation room)						
Exercise class schedule						
Gym including comprehensive gym induction						
10% discount on treatments and restaurant & bar						
Use of towels and bathrobes on every visit						
Guest passes	£30 each	4 Free	4 Free	4 Free	4 Free	8 Free
4 x 30 minute personal training sessions						
One £75 treatment every quarter (4 per year)						
90min food intolerance test or massage for two (value £140)						
Access to Frinton Golf Club - at preferential rates (subject to availability)						
Health MOT (value £50) 45 minutes						
Annual Payment (per person) or Monthly Payment (per person)	£95 for 31 days	£700 or £65	£988 or £90	£1,025 or £95	£1,248 or £114	£1,560 or £143
Joining fee	£0	£100	£100	£125	£125	£150